

UNDERSTANDING DEPRESSION



**Taking Care of Yourself
and Your Family**

School readiness begins with health!



NATIONAL CENTER ON

Early Childhood Health and Wellness

Understanding Depression

Symptoms that might indicate depression

- sad or irritable mood
- decreased interest/pleasure
- significant change in weight and/or interest in eating
- low energy/tired
- sleeping too much or too little
- difficulty concentrating
- feeling hopeless, worthless, or guilty
- suicidal thoughts



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Taking Care of Yourself



Children whose parents are experiencing depression tend to have more challenging behavior.



How you handle your depression can make a big difference in your life and in your child's life.

Depression is common and you can help yourself **by seeking help.**

You can also help loved ones who may be experiencing depression.



School readiness begins with health!

Seek Help If You Need It

Tips and Tools



Learn the signs and symptoms of depression.



Remember depression is common and treatable.



When you are depressed it is hard to parent well.

Take Care of Yourself



Talk with your doctor, a mental health professional, or your child's pediatrician.



Every day find a time to take a calming breath, take a walk and relax.



Build daily routines with your child. Make time to play with your child.



Try to listen and respond to your child's needs.

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